



## Pre and Post Dermal Fillers

### Prior to Treatment

Bruising and swelling are common side effects of injections. There are some precautions you can take to lessen the risk of this happening. Below are some tips and tricks to make your upcoming injectable appointment as painless as possible

- Avoid blood thinning medication: (NSAIDS) such as Motrin, Ibuprofen, Excedrin, Naproxen, and Aspirin, fish oil, multi-vitamin, and st. john's wart will thin your blood. These medications will increase your risk of a bruise.
- Any type of alcohol will also increase your chance of bruising. Try to avoid 2-3 days before your appointment and a few days after for the best results.
- Arnica is a homeopathic vitamin supplement that helps with bruising and swelling. It can be taken 1 week before an appointment. It comes in the form of pills that are placed under the tongue and dissolve. Take according to package directions. This product is sold over the counter at vitamin or health food stores.

### Day of the Procedure

- Try to avoid any makeup or skincare products in the injectable area. We have towels and cleanser to use at the office to wash your face once you arrive if needed.

### What to Expect

- Due to lidocaine, you may feel numbness and tingling immediately after the injection.
- Swelling and bruising, may still occur even with taking the above-mentioned precautions. Do not plan any big events until 1-2 weeks after the injection appointment.
- Swelling, bruising, aching, stinging, and redness is normal and will typically start to resolve after the first 48-72 hours. Some patients may notice swelling or bruising up to 14 days after the appointment.
- Mild non-painful swelling "firmness" can last up to 10 days as the filler integrates into the skin
- Lumps and bumps or firmness of the product are normal after the treatment, this will usually dissipate on its own as the filler settles. If you are 2 weeks after treatment and still notice a bump please call the office for a follow-up appointment for an evaluation. Depending on the type of injection that was done there are ways to correct bumps.

### Things to Avoid

- Avoid exposure to sunlight and heat for the first 48 hrs. This includes a sauna, steam room, tanning beds, extremely hot showers, or outdoor sun exposure.
- You should not work out or participate in strenuous exercise for 24 hours after the treatment. It is fine if you go to the gym in the morning before your appointment.
- Look but **DON'T TOUCH!** You do not need to massage the product once it has been put into place. Some people think this will help it settle faster, but this is not the case.
- Due to the risk of infection do not apply any makeup or lipstick for 24 hours.
- Once the filler is placed it is unlikely that it will move around or migrate. Some patients are worried that if they move a certain way it will move the filler. You do want to avoid direct pressure on the area immediately after the treatment. For example, if you received cheek filler you do not want to go home and take a nap and lie on your side.

- Ice can help post-treatment with bruising and swelling. As a rule of thumb leave the ice on the area for up to 15 mins and then remove it for the next 45 mins. Make sure to use a soft gel pack, you want to stay away from ice with sharp edges. Also, do not apply ice directly to the skin, make sure it is wrapped.
- Avoid any other skin procedures such as facials, chemical peels, lasers, and micro-needling, for at least 4 weeks.
- Avoid aspirin, NSAIDs, and any blood thinners such as alcohol for 1 week to decrease bruising and swelling
- Do not schedule any dental work or dental cleanings 2 weeks after the procedure
- Avoid any vaccination for 4 weeks after the procedure

**Please call the office if you experience any of the following:**

If it is after hours and we cannot be reached, please contact urgent care services, or in the event of an emergency call 911

Serious complications are rare, but you should seek medical attention for evaluation if any of the following occur:

- If you are uncertain and have questions
- Swelling, puffiness, or lumps that do not fade 2-4 weeks post injections
- The filler texture changes and feel hard or nodular, especially if there is also redness and tenderness that develop
- Pain that is not relieved by Tylenol
- Pain near or around the injection area that is getting worse over time, especially if this is associated with paleness in the color of the skin. This could be a sign of a rare complication of vascular occlusion and immediate treatment may be needed to prevent scarring to the skin.
- Indication of infection (redness, tenderness, pus)

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